



Kiwifruits

Fact Sheet



Where did they come from?

Kiwifruit is more than 700 years old. The kiwifruit began in the Yang-tse river valley in China where they called it “Yangtao”. It grew wild on vines that wrapped around trees. Between 1800 and 1900 samples of the fruit and seeds were sent to England. In 1904 plant cuttings were brought to the United States. It was not until 1962 that the U.S. received its first shipment of kiwi from New Zealand. At that time it was called the “Chinese Gooseberry”. The United States re-named kiwifruit after New Zealand’s national bird the kiwi. It’s appropriate that this fuzzy, brown, egg shaped fruit should be named the kiwi, a fuzzy, non-flying, brown bird. California started growing kiwi during the 1970’s, which is when it became available for the first time across the country.

Where do they grow?

Most kiwifruit from our country is grown in California. Imported kiwi is grown in Chile and New Zealand. Kiwifruit can be found in your local supermarket all year long. California kiwi is available November to May, Chile kiwi is available April to November and New Zealand kiwi is available June through December.

How do they grow?

Kiwifruit plants are first grown in hot houses where the roots and vines are grafted together. Later the kiwifruit plants are transplanted to fields where their vines are trained to grow on a trellis or lattice style frame. Kiwifruits need plenty of water to grow. A developing kiwi plant is called a berry. A plant may take up to three to five years before it produces fruit. Their vines can grow as high as 15 feet. Fruit hangs from the vines like a bunch of grapes. Kiwi is hand picked by workers wearing white cotton gloves to protect fruit from damage.

Are they healthy?

- 👉 High in vitamins C & E and potassium
- 👉 Good Source of fiber
- 👉 Fat free, sodium free and cholesterol free

How do you pick a good one?

- 👉 Buy firm kiwi; Ripen at room temperature for 3-5 days
- 👉 Ripe kiwi have a pleasant smell, are plump and slightly soft to the touch, like ripe peaches
- 👉 Avoid those with wrinkles, bruises or soft spots

☺ FUN FACTS! ☺

Kiwifruits

Did you know...

- ☺ Did you know kiwifruit has been described as tasting like a combination of melon, citrus fruits, nectarines and strawberries --- all in one?
- ☺ Did you know kiwifruit is green on the inside?
- ☺ Did you know that you can eat the tiny black seeds on the inside of the fruit?
- ☺ Did you know you can eat the fuzzy skin on the outside of the kiwifruit? *(Just rinse and rub the skin gently, cut into quarters and eat!)*
- ☺ Did you know you can speed up the ripening of kiwi by placing it close to, or in a bag with bananas, apples or pears? *(Kiwi is sensitive to a gas, ethylene, produced by these other fruits. This gas will soften the kiwifruit.)*
- ☺ Did you know that there are two types of kiwifruit, green and gold? *(The gold was first grown in the 1980's. It has a golden yellow flesh with tiny black seeds. On the outside it looks the same as green kiwi. It tastes similar to the green variety, but it has a hint of mango flavor.)*
- ☺ Did you know that kiwi can be used as a natural meat tenderizer?
- ☺ Did you know there are 400 varieties of kiwifruit in China?
- ☺ Did you know kiwi is one of the most popular fruits today?
- ☺ Did you know it takes almost 2 weeks for kiwi to arrive at U.S. ports from New Zealand?

Remember ... Include 5 - 9 servings of fruits and vegetables per day!



School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions that you may choose at your own discretion

RECIPES:

- ✓ Cut kiwi in half; let students eat with a spoon
Note: Since a half of a kiwi may only equal $\frac{1}{4}$ cup fruit or even less based on the size, offer this item when 2 additional fruits/vegetables are featured on the menu
E.g.: $\frac{1}{2}$ cup mashed potatoes; $\frac{1}{2}$ cup carrots; $\frac{1}{2}$ kiwi
4 oz. juice; $\frac{1}{2}$ cup hash brown potatoes; $\frac{1}{2}$ kiwi
 $\frac{1}{2}$ cup corn; $\frac{1}{4}$ cup lettuce/tomato; $\frac{1}{2}$ kiwi
 $\frac{1}{2}$ cup lettuce/tomato; $\frac{1}{4}$ cup salsa; $\frac{1}{2}$ kiwi
- ✓ Offer $\frac{1}{2}$ kiwi with juice at breakfast to increase the amount of fruits consumed by students at this morning meal
- ✓ Add a slice of kiwi on top of fruit as a garnish
- ✓ Serve $\frac{1}{2}$ kiwi with crushed pineapple in a soufflé cup
- ✓ Sell as a healthy a la carte snack
- ✓ Mix kiwifruit into pasta, chicken or turkey salads
- ✓ Add fresh kiwifruit slices to fruit salads
- ✓ Try a new recipe with kiwifruit ---Rainbow Fruit Salad (*attached*)

Presentation Meal Appeal -----

Make Food Fun ---
Offer $\frac{1}{2}$ Kiwifruit &
Let Kids Eat with a Spoon!

Quality:

Store **Ripe Kiwifruit**
Away From High Ethylene
Producing Produce!
E.g.: Apples, Bananas,
Pears & Peaches

MARKETING:

- ✓ Contact the **California Kiwifruit Commission** for resources www.kiwifruit.org
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9 for ideas

PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;
Give this menu a special name (*Example: Kick'n' with Kiwi!*)
- ✓ Feature kiwi on a healthy lunch for Nat'l Nutrition Month
- ✓ Offer kiwi during Nat'l School Breakfast Week
- ✓ Offer this green fruit for St. Patrick's Day --- Emerald Isle Fruit
- ✓ Promote an "Unusual/Unique or Special Fresh Fruit Day" --- Feature Kiwi
- ✓ Initiate the **Vegetable and Fruit Challenge** as a classroom activity for Nutrition Month.
Information in "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 51.
Order additional challenge forms from Team Nutrition www.fns.usda.gov/tn.
- ✓ Have students **Plan a Lunch**. Feature these classroom meal ideas on your future menus.
Highlight the specific class. Use the forms and information from your "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 36-39

Safety:

Sanitize Cutting
Boards After Each
Specific Task!



School Food Service Link.....



School Food Service Recipes



Rainbow Fruit Salad

Serving size ½ cup

Yield: 100

Ingredients:

Use assorted fresh, frozen and canned fruit; a sufficient amount for 100 each ½ cup portions. **Be sure to use KIWI!**

Additional fruit suggestions to use in salad: grapes, bananas, oranges...

Dressing:

- ♦ 3 cups Orange Juice, Unsweetened
- ♦ 2 cups Lemon Juice
- ♦ 2/3 cup Honey
- ♦ 1 tsp. Ginger, Ground
- ♦ 1 tsp. Nutmeg, Ground

Directions:

1. Drain all Fruit. Place all fruit in large bowl.
2. For dressing, combine the orange juice, lemon juice, honey, ginger and nutmeg. Whisk until dressing is completely mixed.
3. Pour dressing over the fruit and toss lightly to coat evenly.
4. Cover bowl with wrap and refrigerate until service or preparation.
5. Serve 1/2 cup, using a #8 scoop or 1/2-cup ladle, per portion.

HACCP Tips: Wash hands and clean all food preparation surfaces